The High-Dose Oral Vitamin C Protocol for Cancer (and Almost Every Other Ailment)

I'm really excited about this post because it contains some fascinating facts about Vitamin C that most people don't know. Or maybe I'm wrong and everyone already knows it, but I... See you.
High dose vitamin C is a powerful anti- cancer protocol. Even if you don't have cancer, you can use this method to determine how much toxic stress is going on in your body and how high doses of vitamin C can dramatically improve your health.
Ok, so we all know that vitamin C (ascorbic acid) is good for you right? The body doesn't produce it, so it has to come from food.
You've probably also heard that a severe vitamin C deficiency leads to scurvy.
Early symptoms of scurvy are malaise and lethargy. It's basically a "general feeling of being unwell" along with fatigue or exhaustion. (Sound like you?)
After a few months, shortness of breath and bone pain come. Further down the road, there are muscle pain, skin ulcers, gum disease, loose teeth, non-healing wounds, dry mouth, dry eyes, and emotional problems. In the late stages, scurvy causes jaundice, edema, fever, convulsions, and eventually death.
Sounds fun right?
Fortunately, scurvy can be staved off with lemons, limes, oranges, and any other vitamin C-containing food.
Here's where it gets interesting...
The cure for scurvy was first published in 1617 in *The Surgeon's Mate* by English military surgeon **John Woodall** . And it was completely ignored by the medical community.
In 1753 (136 years later), naval surgeon John Woodall published **James Lind** made his discovery in
a rogue paper that was also ignored. The medical establishment insisted that the evidence about eating citrus fruits to ward off scurvy was merely “anecdotal” and not based on “scientific evidence.” Sound good?
Fortunately, James Lind persisted and almost 50 years later, citrus fruits were finally accepted and used for the prevention and treatment of scurvy on sailing ships. So in summary:
The cure for scurvy was ignored by the medical community for almost 200 years after its discovery.
Nutrition and natural therapies are still ignored by modern medicine. In fact, I would be willing to bet that if you went to see a doctor with any of the symptoms of scurvy that I mentioned above, you would be subjected to a barrage of animal testing, misdiagnosed, prescribed different medications, and subjected to treatments for another disease. This happens all the time.
Earlier this year, my good friend Tony was told he "probably had cancer or AIDS" by his doctor... turns out it was viral pneumonia! Can you imagine?
But I digress... Let's get back to vitamin C.
Here are some common whole food sources of vitamin C:
Oranges, Kiwi, Canteloupe , Papaya, Strawberries, Brussels Sprouts, Broccoli, Cauliflower, Cabbage, Kale and Peppers.
The "super food" with the highest concentration of vitamin C on planet Earth is Camu Camu Fruit , Amla (Indian Gooseberry) and Acerola Cherry . In that order.

Vitamin C supports almost every system in your body: your adrenal glands, your immune system, your cardiovascular system, and more.
Perhaps most importantly, it is a **free radical neutralizer** .
There have been tons of groundbreaking studies on the powerful healing and anti-cancer effects of high-dose vitamin C by the likes of Fred Klenner MD , Irwin Stone , Linus Pauling , and Ewan Cameron . I don't have time to go into their stories, but I wanted to at least give credit where credit is due. Google them at your leisure.
There is a fascinating C phenomenon that most of us don't know about.
The sicker and/or more toxic you are, the more free radicals you have in your body and, as a result, the more vitamin C your body will absorb and use.
Your body keeps a small reserve of vitamin C available for use when there is increased internal demand, but when you are sick, it is quickly depleted.
You may have also heard (or experienced) that if you take too much vitamin C by mouth, you get the runny nose, aka " chach ," which is our family's abbreviation (and code word) for
"Diarrhea Cha Cha "C'mon ".
A healthy person can take anywhere between 4-15 grams (4000-15,000 mg) of vitamin C in a 24-hour period without running, but a sick person can tolerate as much as **10-20 times more** . I'm talking as much as 100-200 grams per day by mouth.
Have you ever taken vitamin C when you had a cold and it didn't help? This is probably because you're not getting enough.
Here's where it gets ridiculous...
If you ate something that contained "100% of the USRDA (US Recommended Daily Allowance) for Vitamin C", that seems pretty good, right?
It is not.
The USRDA for Vitamin C is only 75 mg. That's MILLIGRAMS. A normal healthy person can absorb and use between 4,000-15,000 milligrams per day. So the USRDA is way off on this. 75 mg is basically what someone has chosen is the absolute minimum amount that will keep you from getting scurvy. This is not an amount that promotes health and optimal body function.
A single orange has about 150 mg of vitamin C, twice the USRDA.
1 tsp Camu Camu Powder has about 15 times the USRDA of vitamin C!
While you may not have scurvy, I think it's safe to assume that many of us may not be getting enough vitamin C in our diets, a deficiency of which can be a contributor to **a)** feeling miserable or **b)** serious illness.
High-dose oral vitamin C therapy involves taking the maximum dose your body can tolerate before you get the hang of it. This requires you to find your threshold and then gradually increase your daily dose. The clinical term is "titrating to intestinal tolerance."
As some of you know, one of the therapies I used to help my body heal from cancer was **vitamin C IV therapy** , which is a common practice in the natural, non-toxic alternative cancer treatment world. This involves sitting in a chair in a practice setting for two hours with an IV drip containing 50 grams or more of vitamin C.
And while this is a very effective method of getting a massive dose of vitamin C without reaching intestinal tolerance, it is time-consuming and can get expensive. I paid $120 a pop back in 2004. And for it to be the most effective, you may need to do it daily or multiple times a week for many weeks.

My friend Bill, who cured his prostate cancer naturally, turned me on to a simple do-it-yourself Oral Vitamin C protocol that was recommended to him by an underground cancer treatment expert whose name I cannot use publicly. Bill initially reached intestinal tolerance and took 60 grams per day. After two months, his tolerance was down to less than 30 grams per day.

Vitamin C Protocol & Tolerance Test

I think it's something everyone should do. Obviously, no one wants diarrhea on purpose, but in this case, it can give you instant feedback about your internal state. And it's super cheap to do!

The simple way to find your tolerance is to take 2-3 grams of vitamin C powder or crystals (ascorbic acid) every two hours mixed in 8 oz of water. That will give you about 12-18 grams the first day. Be sure to write it down to keep track of how much you've taken.

Note: Vitamin C (pure ascorbic acid) is highly concentrated. 1 teaspoon is usually about 5 grams of vitamin C.

The goal is to find your 24-hour limit, not your single-dose limit.

The half-life of vitamin C in the body is about 30 minutes. This means about an hour after you take vitamin C, your body has used up most of it. So an important key to this protocol is to keep your body saturated with vitamin C throughout the day. Dosing every 1-2 hours is ideal, except while you sleep.

If you reach intestinal tolerance in the first 24 hours.

Reduce the total dose by 20-25% and continue to take this amount every day as a maintenance dose (this may be for several days or weeks) until you reach intestinal tolerance again at that level. Then reduce by 20% again and continue with that dose until you again reach intestinal tolerance and so on.

It works in the opposite way you would expect because you don't build up a tolerance. The healthier you get, the lower your tolerance for vitamin C will go.

If you reach intestinal tolerance of 10-15 grams or less per day, you are considered to be in good shape to be healthy.

If you do not reach bowel tolerance in the first 24 hours.

Continue to increase the dose each day until you get there. If you are seriously ill, you may need to dose every hour or 1/2 hour as indicated in the chart below.

When you get close to bowel tolerance, you will feel good and should have soft stools. This means you are very close to your body's limit and should reduce your dose slightly.

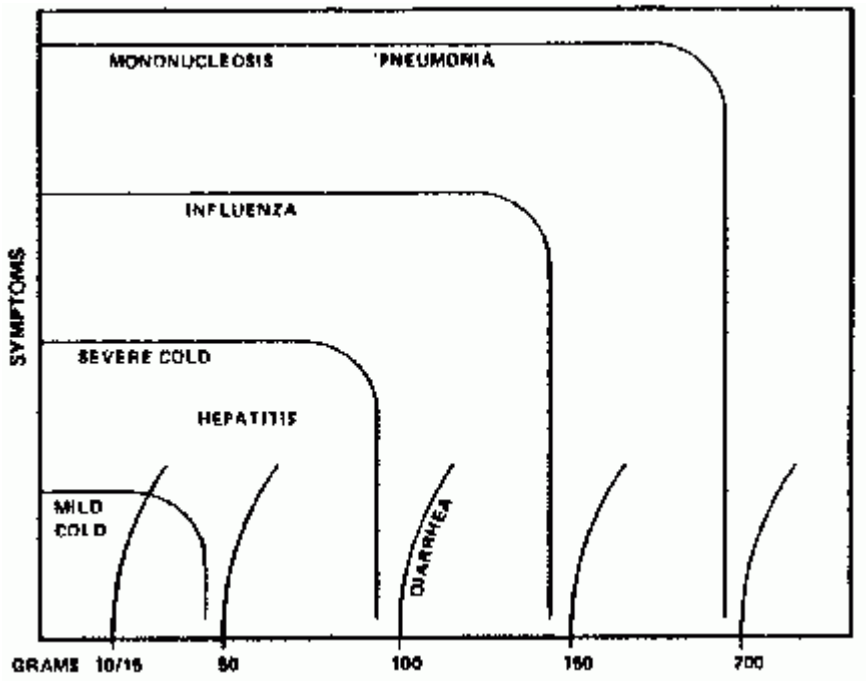
Here is a dosage chart from the late and legendary Dr. Robert Cathcart MD ,
who treated 9000+ patients with Vitamin C!

TABLE I - UNUSUAL BOWEL TOLERANCE DOSES

CONDITION	**Grams per 24 hours**	**doses per 24 hours**
normal	4 - 15	4 - 6
mildly cold	30 - 60	6 - 10
severe cold	60 - 100+	8 - 15
flu	100 - 150	8 - 20
ECHO, coxsackievirus	100-150	8-20
mononucleosis	150 - 200+	12-25
viral pneumonia	100 - 200+	12 - 25
hay fever , asthma	15 - 50	4 - 8
environmental and food allergy	0.5 - 50	4 - 8
burn , injury, surgery	25 - 150 +	6 - 20
anxiety , exercise and other mild loads	15 - 25	4 - 6
cancer	**15 - 100**	**4 - 15**
ankylosing spondylitis	15 - 100	4 - 15
Reiter's syndrome	15 - 60	4 - 10

acute anterior uveitis 30 - 100 4 - 15
rheumatoid arthritis 15 - 100 4 - 15
bacterial infections 30 - 200+ 10 - 25
infectious hepatitis 30 - 100 6 - 15
candidiasis 15 - 200+ 6 - 25

Something else worth noting in the above chart
is that if you are under chronic stress or participate in athletic activities such as running, weight training, etc., you will likely have an increased need for vitamin C and your tolerance will be higher. Even if you are healthy.
Dr. Cathcart also notes that low dose vitamin C had basically no effect, but high dose vitamin C, when taken at 80-90% of intestinal tolerance, produced a significant and dramatic reduction in symptoms in his patients.
This next graph is his demonstration of the relationship between dosage amount and symptom reduction. I had to stare at the graph for a moment to get it. Disease symptoms decrease significantly when small intestine tolerance is reached, but are not affected until then.



My Experiments
When I first tried this protocol a few months ago, I didn't reach gut tolerance until I got to about 34 grams. I worked my way up to taking 12 grams three times a day. I have no idea why my tolerance was so high. I work out 3-5 days a week, which will increase my tolerance, but maybe I had something internal as well... who knows?
Earlier this morning I took 7.5 grams and it produced intestinal tolerance for me a few hours later which actually interrupted my work on this post. Clearly my tolerance is down and if Dr. Cathcart is right my internal health has improved.
Another: My kids came home from school with colds two weeks ago. Then my wife got it. One morning I started feeling cold symptoms too, so I took 10 grams of vitamin c. I felt good all day.
Then close to bedtime I started feeling the symptoms again so I took another 10 grams. I did this every day for about a week. I would feel the symptoms in the morning but I quickly crushed them with 10 grams of vitamin c. Some days I would also take a dose around lunchtime if I remembered.

I took 20-30 grams a day for most of the week, I felt great, I was close to gut tolerance, and the cold never developed. Since then I've done it more times than I can count.

What form should you take?

Vitamin C comes in several different forms: pure ascorbic acid and buffered with minerals. Buffer C contains mineral salts such as calcium ascorbate , magnesium ascorbate , and sodium ascorbate .

I compared three different types (two buffered and one pure ascorbic acid) to see if they had different effects, but my tolerance was pretty much the same for all three. Having said that...

Solaray Vitamin C Powder is 100% pure ascorbic acid , so it is extremely tart and citric.

Vitamin Shoppe Buffered C-Complex tastes chalky, not citric.

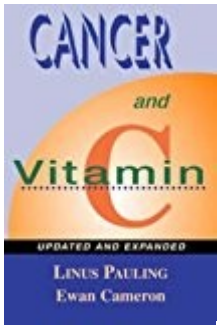
Thompson C Buffered Crystals are buffered with calcium ascorbate , which is citric acid, but not as strong as the pure crystals.

Dr. Cathcart recommends taking pure ascorbic acid for the high dose oral protocol. Dr. Thomas Levy recommends sodium ascorbate . I think it makes sense to rotate between different types.

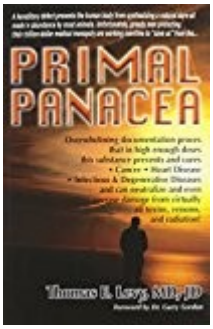
*After writing this post, it was noticed that most of the ascorbic acid in vitamin C is made in China from GMO corn. The good news is that there are several brands of non-GMO vitamin C powders available on Amazon.

Also check sufficient-C.

Recommended reading:



Cancer and Vitamin C



Primal Panacea

by Ewan Cameron by Thomas Levy MD
and Linus Pauling
Curing the Incurable : Vitamin C, Infectious Diseases, and Toxins by Thomas Levy MD, JD
Web links:
Dr. Cathcart's Instructions for Dosage
vitamincfoundation.org
Riordan Clinic IV Vitamin C Protocol
Read The Healing Factor by Dr. Irwin Stone for free here
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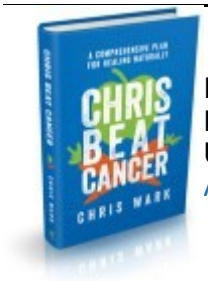

My new book **Chris Beat Cancer: A Comprehensive Plan for Healing Naturally,** published by Hay House, is a National Bestseller as ranked by USA Today , The Wall Street Journal, and Publishers Weekly ! Get it on Amazon here or wherever books are sold.

I have interviewed over 60 people who have healed all types and stages of cancer. Check them out here . Or use the search bar to find survivors of specific cancers.
I have also created a coaching program for cancer patients, caregivers, and anyone serious about prevention called **SQUARE ONE** . It contains the step-by-step strategies used by myself and everyone I know who has cured cancer with nutrition and natural, non-toxic therapies.
See SQUARE ONE Module 1 for free here
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